

Naval Medical Center Portsmouth



Tobacco Cessation- Building 3, CETD 4 2nd floor Health & Readiness Clinic <i>Thurs: 1700– 1830</i>	Apr 6, 13, 20, 27 May 4, 11, 18, 25 June 1, 8, 15, 22
Tobacco Cessation Addictions Medicine 1st floor building 3 Mon 1300-1430 To register: 953-4885	Apr 3, 10, 17, 24 May 8, 15, 22, 29 Jun 6, 12, 19, 26
ShipShape ACTIVE DUTY ONLY Building 2, 2nd floor (Nutrition Classroom) <i>Tues: 1400-1600</i>	Jun 1, 8, 15, 22, 29 July 6, 13, 20
Healthy Heart Series Building 3 Classroom 1 Wednesdays 1300-1500 (For detailed information call: Sandra Parker, RN at: 953-9234)	Jun 7, Jul 5, Aug 9, Sept 5 Heart Disease & Hypertension Mgt. Jun 14, Jul 12, Aug 16, Sep 12 Heart Health & Cholesterol Jun 21, Jul 19, Aug 23, Sep 19 Pre- Diabetes, Exercise, Weight Management Jun 28, Jul 26, Aug 30, Sep 26 Heart Health, Nutrition, & "Charting a New You Course"
Tobacco Facilitator 2nd floor Building 3 Classroom #4 <i>Wed 0800-1600</i>	June 14

Course Descriptions

Diabetes Education:	One-hour class on discussing general diabetes education; one-on-one counseling available to discuss nutrition and blood glucose monitoring.
Healthy Heart	Two hour group class discussing the importance of cholesterol and hypertension management through good nutrition, appropriate exercise, stress management, and use of motivational techniques.
Healthy Heart Series	This 4 week series will help you in maintaining or regaining a healthy heart and a healthy life. It will cover heart disease, hypertension, elevated cholesterol, risk factors affecting the heart as well as lifestyle changes for a healthy heart which encompasses critical areas such as nutrition, exercise, weight management, medication safety, and stress management.
Nutrition Basics:	Two-hour group class designed around the Dietary Guidelines for Americans 2005. This class discusses general nutrition and good eating habits.
Right Weigh	Four-week program promoting good nutrition, exercise, and behavior modification. (Open to all adult active duty and beneficiaries)
Ship Shape:	Eight-week program focusing on nutrition education, increased exercise and behavior modifications that support a healthier lifestyle. This program is for active duty personnel and must have a command approval.
Tobacco Cessation:	Four-session program designed to help participants stop using tobacco through group support, education and medication. Use of Zyban and/or Nicotine Replacement Therapy (NRT) as desired or appropriate.
Tobacco Facilitator:	Capture the strategies and tools needed to help participants conquer the tobacco addiction. This is a one-day class. You must be a non-smoker.



Health & Readiness
Go Hand in Hand

Wellness Department Class Schedules

Stages in changing behavior



"The longest journey starts with a first step...."

To schedule an appointment call:



1-866-MIL-HLTH

1-866-645-4584

<http://www-nmcp.mar.med.navy.mil>

Updated 5/1/2006



Branch Health Clinic Norfolk

Sewells Point

Tobacco Cessation (4-week course) McCormick Gym Thurs 0800-0930	June 1,8,15,22 July 6,13,20,27 Aug 3,10,17,24 Sep 7,14,21,28
ShipShape (8-week course) ACTIVE DUTY ONLY McCormick Gym CEP-58 Thurs 1330 – 1530	May 4, 11, 18, 25 Jun 1, 8, 15, 22 July 20,27, Aug 3,10,17,24,31 Sep 7
GMTs	CALL 757-953- 6879 for information
Healthy Heart McCormick Gym CEP-58 Thurs 1030 - 1200	Jun 29 July 13 Aug 31 Sep 14

Branch Health Clinic Oceana



Tobacco Cessation (4-week course) Education and Training Classroom Wed 0800-0930	Jun 7,14,21,28 Jul 5,12,19,26 Aug 2,9,16,23 Sep 6,13,20,27
ShipShape (8-week course) ACTIVE DUTY ONLY Location to be announced	May 3, 10, 17, 24, 31, Jun 7, 14, 21 (1400—1600) July 19,26, Aug 2,9,16,23,30, Sep 6 (1330—1530)
GMTs	CALL 757-953-6879 for information
Nutrition Basics, 26 Education and Training Classroom Tuesday 1100-1200	To be announced
Healthy Heart Series Education & Training Classroom (Series of 4 classes. Class 1 starts every other month.)	May 8, 22 Jun 12, 26 Jul 10, 24 Aug 7, 21

Branch Health Clinic Boone

CALL: 462-1492
Classes are tentative



Tobacco Cessation Rockwell Hall Gym Wed: 1130-1300	May 3, 10, 17, 24 Jun 7, 14, 21, 28 July 5, 12, 19, 26 Aug 2, 9, 16, 23
Hypertension Rockwell Hall Gym Thu: 1130-1300	Apr 20 Aug 10 May 11 Jun 15 July 13
ShipShape ACTIVE DUTY ONLY Rockwell Gym (Wellness Classroom) Tues: 1400-1530	May 9,16, 23, 30 Jun 6, 13, 20, 27 Jul 11, 18, 25 Aug 1, 8, 15, 22, 29
Cut Your Cholesterol Rockwell Hall Gym Thu: 1130-1300	Apr 20 Aug 3 May 4 Jun 8 July 6
Right Weigh/Weight Management Rockwell Hall Gym Tue 1130-1230	Apr 4, 11, 18, 25 May 9,16, 23, 30 Jun 6, 13, 20, 27
Diabetes & Nutrition Awareness Rockwell Hall Gym Tues: 0900-1200	Apr 25 May 30 Jun 27 July 25 Aug 29

To schedule an appointment call: 1-866-MIL-HLTH 1-866-645-4584